

DC
The December, 1974
Issue of Volume #2 No. 8 of
The...

Inside Outlook

* LOVE * PEACE * PERSONHOOD *



The Staff and Residents responsible for this issue take
this opportunity to wish you and yours:

The most precious gift of all: LOVE

THE INSIDE OUTLOOK

INVICTUS:

Sally B.
Roseann W.
Linda B.
Mildred S.

KON-TIKI:

Marcelle S.

HOCHELAGA:

Deanna D.

INGLESIDE:

Louise C.

With special thanks to Marni B.
and Barb H. for their typing
assistance.

STAFF ADVISORS:

Terry Angle
Mrs. E. Lum
Shelly Dobbs

INSIDE OUTLOOK NEWSPAPER POLICY:

The views of this newspaper do not necessarily represent those of the newspaper staff nor have the endorsement of the administration.

The newspaper reserves the right to accept or reject any article submitted.

THE LITERS OF THE

PROVINCIAL

Wells, E.
Gossett, V.
Lloyd, E.
Lloyd, S.

NOTES

Wells, E.

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Wells, E.

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Gossett, V.
Lloyd, E.
Lloyd, S.

Wells, E.

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CHRISTMAS 1974

During this past year perhaps more than any other year our T.V. sets, radios and newspapers have bombarded us with pictures and stories of thousands of men, women and children in many parts of the world dying of starvation every day of this year. It is most difficult for many of us in Canada to even begin to comprehend the horrible plight of these people.

From the same T.V. sets, radios and newspapers comes massive commodity advertising campaigns which pressure people to buy needlessly. This is a blatant paradox that we should be mindful of as we celebrate Christmas 1974 in the spirit with which it was meant to be celebrated. That spirit is one of loving and being loved, of generosity and hospitality, of the joy of peace. We yearn for such a spirit to permeate the Globe not just during this Festive season but every day throughout the year, alleviating the burden of starving millions.

It is my wish to staff members and residents here at Vanier that such a spirit, the core of which is love, exists and grows strongly in this community of people. The best test for gauging the sublimity of such a love is to note how decisively it develops in the direction of a greater freedom of spirit. The more spiritual the love, the less it draws up into itself - and the stronger its impulse towards action.

I trust that each staff member and each resident will enjoy the true Christmas spirit during this season and throughout the incoming 1975. Such a spirit will enable us to do many exciting things together that will make our lives more satisfying and also positively affect the lives of other people.

December 9, 1974.

B. J. Doyle,
Superintendent.



Vanier 1975 - So What?

As we watch the last few days of 1974 go by and await the beginning of 1975, perhaps we ought to stop for just a few moments to think about what was, what is, and what is yet to be. Time waits for no man and it passes by regardless of what we do. And yet, is it not up to each and every one of us to both decide and determine what we shall do with the time which we have available to us?

So many times I have heard women at the Vanier say, "I have to serve two months here", or, "I have to serve eighteen months here". And each time I hear this, I ask, how much better would it be if she could say, "I want these next six months to serve me"?

In just a few moments the judge says, "I find you guilty and sentence you to a term of ___ months to be served at the Vanier Centre for Women". And as a result of those few moments and several words, - what?? A period of time in your life is sectioned off to be defined by the location, programme, and people at the Vanier. And where do you go from there? Do you just sit back and let them "lay it on" you? Do you just sit back and say, "I just want to do my time"? Or, do you say, "Okay, I'm here now so what do I do about it"?

Most of you are looking to start out the new year as residents of a correctional centre. Hopefully few of you will be looking to end the new year in the same way. But what will take place between now and then? What will change and what will remain the same?

And what is the Vanier all about anyway? How many times have you heard people talk about "The Vanier Program"; and how many times have you heard people say, "You ought to (have to?) get involved in the Vanier Program"? Is it like the T.V. ad, "Try it - you'll like it"? And really, if you honestly think about it, what ought it to be? What can it be?

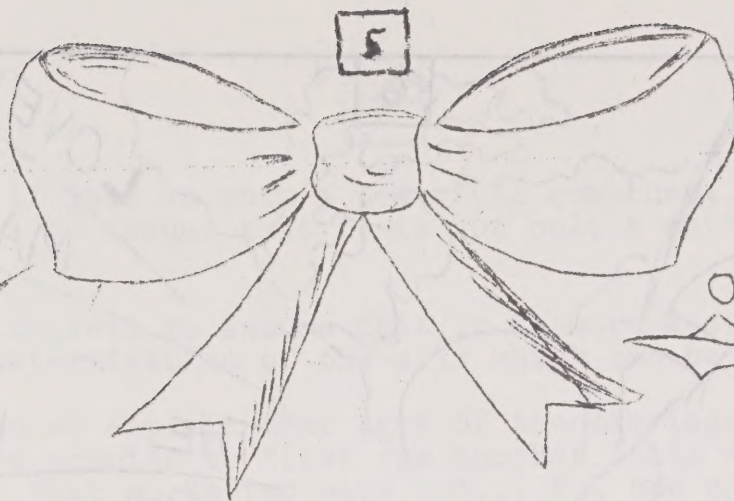
The Vanier can only offer opportunities - opportunities to experience new things, new people, new relationships. Certainly, time spent here can be time well spent. Basically, I believe that we all seek to find the answers to two major questions, "Who am I?" and "What am I?". The most important thing that I think Vanier can offer is the opportunity to try and find better and more productive ways of answering these questions than you perhaps had available to you prior to arriving here. If the Vanier succeeds in doing that, then I feel that it will have served its purpose.

But, in essence, it still comes back to you. Each one of you is an individual, a combination of strengths and weaknesses. Each one of you is worthwhile and real. You cannot re-write history, what has been has been, and what is done is done. But you can decide what tomorrow will bring, what you will do today!

As we move into this new year I should like you to remember that today is the tomorrow that you worried about yesterday. An old hippie friend of mine once told me that he saw most "straights" all tied up in what he called the "time trap". He said that the way he saw it, most people had one foot firmly planted in the past, and the other foot firmly planted in the future, so that all that they could so was to piss on the present. Please don't get yourself caught up in the "time trap".

I wish all residents and staff a very happy and meaningful holiday period. May 1975 bring health, happiness, and fulfillment to you and your loved ones.

*Lots of Love
Roni*



MY HOLIDAY GREETINGS TO SNOOKS

I wish you the splendor of CHRISTMAS
and the strenght of it

AND THE SMALL HUMBLE HAPPINESS TOO

The gay tunes and the solemn ones

MEMORIES... and the making of many more

The shine, shimmer, flicker, flame,
dazzle, dare, gleam, glory, glow
of transitory things...

And the everlasting light of

JOY...

EXULTATION...

ASTONISHMENT OF HEART...

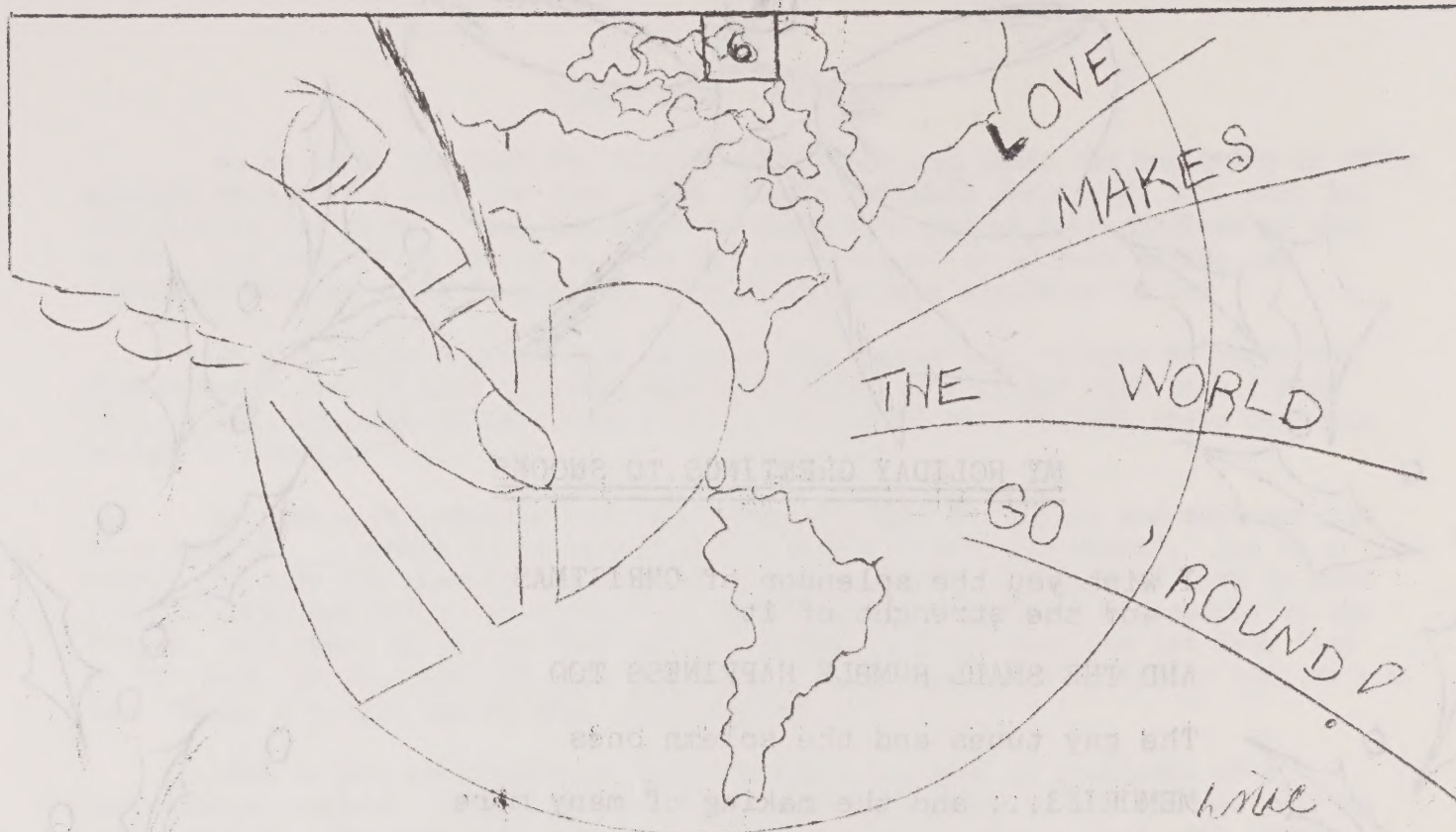
AND THE PEACE WHICH PASSES UNDERSTANDING...

'Cause 'tis the season for giving your heart...

CHRISTMAS celebrates that which does not change:

THE TIMELESSNESS OF LOVING AND BEING LOVED

LOU



*This article is dedicated to the person
who taught me that love is possible,
through trust and self-respect: Dave Morgan*

"Love makes the world go 'round... .. no wonder
things are so darn wobbly right now!...

How many people have fully experienced love, not as
a feeling, nor an emotion, but simply as a state of mind
or an impulsive reach for someone who needs a hand regardless
of your prejudice, your jealousy or even hatred...

And how many people can face the truth that goes along
with emotional and ethical maturity?

Unfortunately, in today's society, it's a rare phenome-
non... Most human relationships stem from a mixture of motives
and include a combination of different feelings, conscious
or not... Ranging from passionate desire to passionate hate
or repulsion. And most frequent these days is that attitude
of nonchalance and to each his own...

And yet, "Love makes the world go 'round is a cliché
that is generally accepted.

LOVE certainly is a basic psychological need of man

It's also the crucial factor that could mean the
difference between WAR or P E A C E

Cont'd...

Therefore, if love is such a powerful component, it is only logical to assume that it is not only a matter of feelings...

It is also logical to assume that it is more a state of mind an active determination of the will which can be commanded...

How else can we explain that part of the marriage vows where both parties promise to "Love one another 'till death do us part?".... That works two ways too... But how can anyone promise to feel anything tomorrow?... And then for life?...

And there are two rules that guide true love:

that of the good, the worth and the respect of the other person

that of one's own joy and happiness in the relation with him or her

In this context, it is acceptable that one of man's basic psychological needs is to

LOVE AND BE LOVED

Love, like any human experience includes an element of emotion but it's main characteristics are: Choice, Commitment and Purpose...MATURITY goes hand in hand with love, open-mind and justice. We can hopefully reach a stage of pure love but only in the measure that we are capable of acquiring the other three ingredients.

So, let's stop searching right and left. Love is not something we can buy, nor something that comes along in a ready made package. It's not something I can hand to you either, I either love you or I don't. And we are loved in proportion to our own capacity to love. Let's understand that love is first and foremost the good of people, a genuine concern for their well-being - - This calls for a high degree of thoughtfulness, goodwill and prudence.

Let's start loving people and using things.....
rather than using people and loving things.....

By applying this in our own lives, we are taking meaningful steps towards acquiring the maturity that will give us lasting peace within ourselves.

An encouraging tip from Rollo May: "Learning to love will proceed most soundly if we cease to persuade ourselves that love is easy and if we are realistic enough to abandon the illusory masquerade for love in a society which is forever talking about love but has so little of it! "

P R E T E N D I N G

Be yourself. Some folks spend all their days as if they were just pretending to be someone else, that they foolishly admire or think to be more important than they are. Some folks very seriously, very conscientiously try to be like a parent or someone they admire, or they become slaves trying to please people when they were intended to be free souls. Be yourself--be the real person you were intended to be.

One of our A.Y. Mentors, Harold M. submitted the following quote from the Reader's Digest, September 1966. It is part of an article "Last Things First", written by Sidney J. Harris, and published by Houghton-Muffin Co. It reads as follows:

"I know a man who grew up in a stuffy atmosphere of Victorian piety, and who rebelled at an early age. He is now 50 years old and still rebelling..

His old family home was cluttered; so his own home is starkly simple. His parents were fanatically devout; so he is fanatically irreligious. His relatives were so dogmatically conservative; so he is dogmatically radical.

This man thinks himself a "free soul." He thinks he has burst the bonds of his enslavement to the past. But he is wrong--for he is over-reacting to the past and is still chained to it by his hostility."

Stop pretending! Remove the false face! Stop being a ghost of the past! Stop being a prisoner in a free society. 'Some people are more imprisoned on the street than they are in jail.' Our founder, "Tip" Rumsby, refers to becoming a free man while in the Leavenworth Penitentiary. Be yourself! Become the real person you were intended to be.

The Colwell Brothers who wrote and sang "Difficult Dan" for the Moral Re-Armament Movement also wrote the following song:

It's a funny world we're living in, with people making believe--
Trying to appear better and wiser to anyone they can deceive.
Nobody's satisfied being themselves, they've got to be somebody more.
And when they are, they soon want to be the person they were before.
Be yourself; be yourself; how simple life can be,
If I was supposed to be somebody else, well, why in the heck am I.
Grandma dyed her hair bright gold, and filled every old age crease,
She would spend hours in front of the mirror--each eyelash a masterpiece
But the game was up in church one day, when Grandma had to cough,
What happened? The preacher was scared, the people all stared
Because everything fell off.
This trying to lead a double life, is really too much of a strain.
My friend tried to be like Napoleon and today I'm afraid he's insane.
But if I were to stop bluffing and come down from my shelf,
There'll be a better plan for me if I am just myself.

Yes! There is a better plan. Remove the mask and costume!
Stop pretending! Be real! Be the person -- the free soul -- that your
God intended you to be! Be yourself!

Submitted by Sharon Lehnert,
Librarian.

This page is dedicated to our THP man...

RON HARSHMAN



In appreciation
for the commitments,
for the piano nights
for the long hours
and
on the headaches
of getting us
home on time -

and

Thanks for the
Christmas Bonies...

as you can see,
we wrote to Santa...

LMU.

INTERVIEW WITH MRS. BARBARA TAYLOR, E. FRY VOLUNTEER, BRAMPTON

Mrs. Taylor started this line of work at the Home for the Aged. Basically, it entailed talking to people, being on the cart, and acting as hostess. She has been coming to the Vanier since 1969. as Tour Guide, and works in the clothing room at Ingleside.

Residents are able to become Tour Guides if they desire. Every tour is different--anything can happen, that is where flexibility comes in. Most times, tourists are from social work or law enforcement courses and the impression they get helps settle the question whether to choose a place like Vanier to work. Reaction of student groups varies; they come in with preconceived ideas and sometimes everything depends on the kind of reception they get from residents. Some find it very open, some are favourably surprised. Some are depressed after touring here. Others find it hard to tell residents from staff.

E. Fry Society is funded by the United Appeal to work with women. Services are supplied upon request twenty-four hours a day and relationships are client-type. Staff includes a full-time social worker, part time Volunteer Co-ordinator, and Board of Directors. They are trying to form a National E. Fry Society.

Volunteers run a training programme for new members. After orientation, each works where she is happiest and best suited. E. Fry in Toronto is at 215 Wellesley Street East. Brampton E. Fry is called Peel Halton.

Mrs. Taylor stated she is open to criticism, especially if it is constructive. She said she received a lot of help from teachers when she was going to school but a lot of people resent authority. She has three children in university; two will be graduating this year, and one is in second year.

A question that arises or has crossed her mind is: say a volunteer takes a resident on a shopping T.A.P. and the latter shop-lifts, would the volunteer be charged also? Food for thought! Could both be considered to be in collusion?

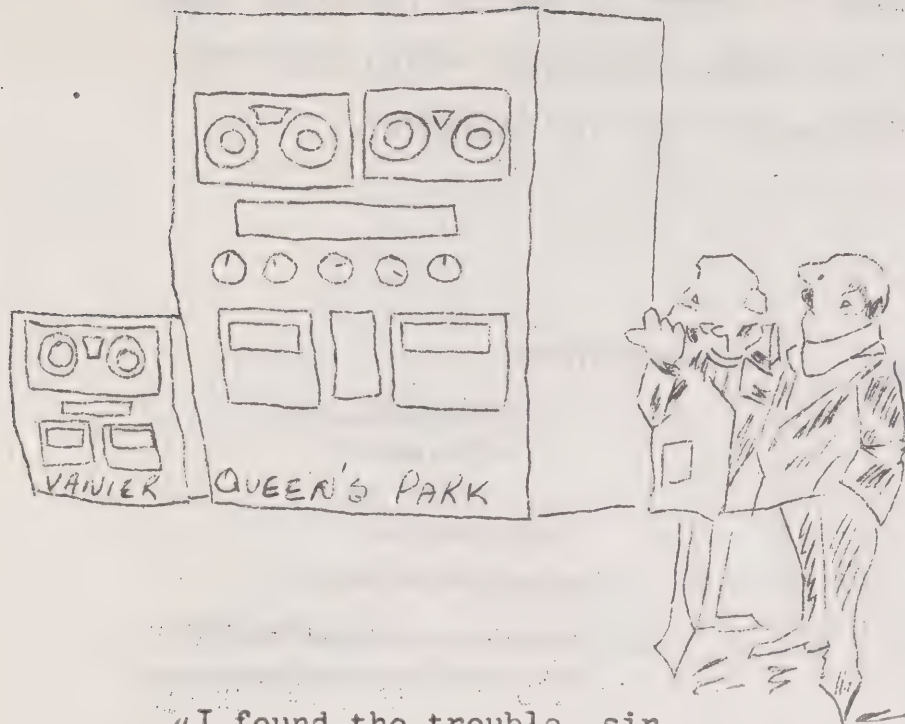
Mrs. Taylor thinks the human element should be stressed more. All people should be treated equally--she does not believe in social functions having head tables. She believes in mutual respect.

Two philosophies her mother taught her are: The Lord will provide, and if you don't like my gate, don't swing on it.

She thinks recidivism has gone down. Things are changing all the time, and she thinks Vanier is in the throes of such a change.

I found her a warm, volatile, sincere person who enjoys her humanitarian work.

Sally B.



*The age of
Stress...*

"I found the trouble, sir.
The big computer is making the little
computer do all the work!"

*Women's
Liberation...*

"Twenty years it took me to
discover fire - and now you tell
me you can't cook!"



DUE TO THE IMPENDING STRIKE BY OUR CORRECTIONAL OFFICES
ON JANUARY 1-1975, WE, THE RESIDENTS OF THE VANIER CENTER
FOR WOMEN WOULD LIKE TO SUBMIT AN ADD TO THE LOCAL NEWS-
PAPER: WE FIND THAT THIS PROPOSITION WOULD KEEP THE
GIRLS BUSY AND TEMPORARILY "OUT OF TROUBLE"...

745 Temporary, Part-
time, Seasonal Help

33-HELP WANTED GENERAL

33-HELP WANTED GENERAL



Ontario

Ministry of
Correctional
Services

REQUIRES

CHRISTMAS BODY
MANAGER

Piping Technician

INPUT-OUTPUT
CLERK

RATE CLERK

LUBRICATOR
T SWINGER

START A
NEW CAREER

All Play and No
Work

It takes a special kind
of operator to handle this

BRIGHT ATTRACTIVE
BACHELOR fully equipped, with

POWER TOOLS

FULL SIZE OR COMPACT

Interesting duties.

GET
INVOLVED

QUALIFICATIONS:

should have a positive attitude

optimum productivity

Accuracy, tact

INSTANT DELIVERY

outgoing and energetic approach

WE are looking for a mature, well-organized self-starter

KNOWLEDGE OF GREEK WOULD BE AN ASSET

capable of

A FAST SERVICE!

every kind of service
all sorts of positions,

working in a busy atmosphere.

Experience preferred but
not essential.

WE OFFER FANTASTIC FRINGE BENEFITS AND SALARY

PERSONAL FULFILMENT

* Accident and life insurance
(Under age 45)

* protection is available 24
hours of every day

* Free turkey

"CONFIDENTIAL
SERVICE"

anything legal for money.

Fast
results
for
people
in a
hurry!

Impossible?

*

Lmc.

THE CONE ANGEL

Something to do for Christmas:
EASY FAST CHEAP

Golden angels made of cones can be used in many ways. Here, they stand, three together and they can be decorated in many ways, on a stand, around holly leaves or poinsetta.

START WITH A CIRCLE

Any kind of Christmas wrapping glued to construction paper or foil wrap is good for these. Make the diameter of your circle twice as long as the height you'd like your angel to be.

For instance, for an angel 5 inches tall, cut a circle 10 inches in diameter - which is the size of the circle I used for the tallest one shown in the drawing. The medium-sized angel is $3\frac{1}{2}$ inches tall (a 7 inch circle) and the littlest angel is $2\frac{1}{4}$ inches tall (a $4\frac{1}{2}$ inch circle).

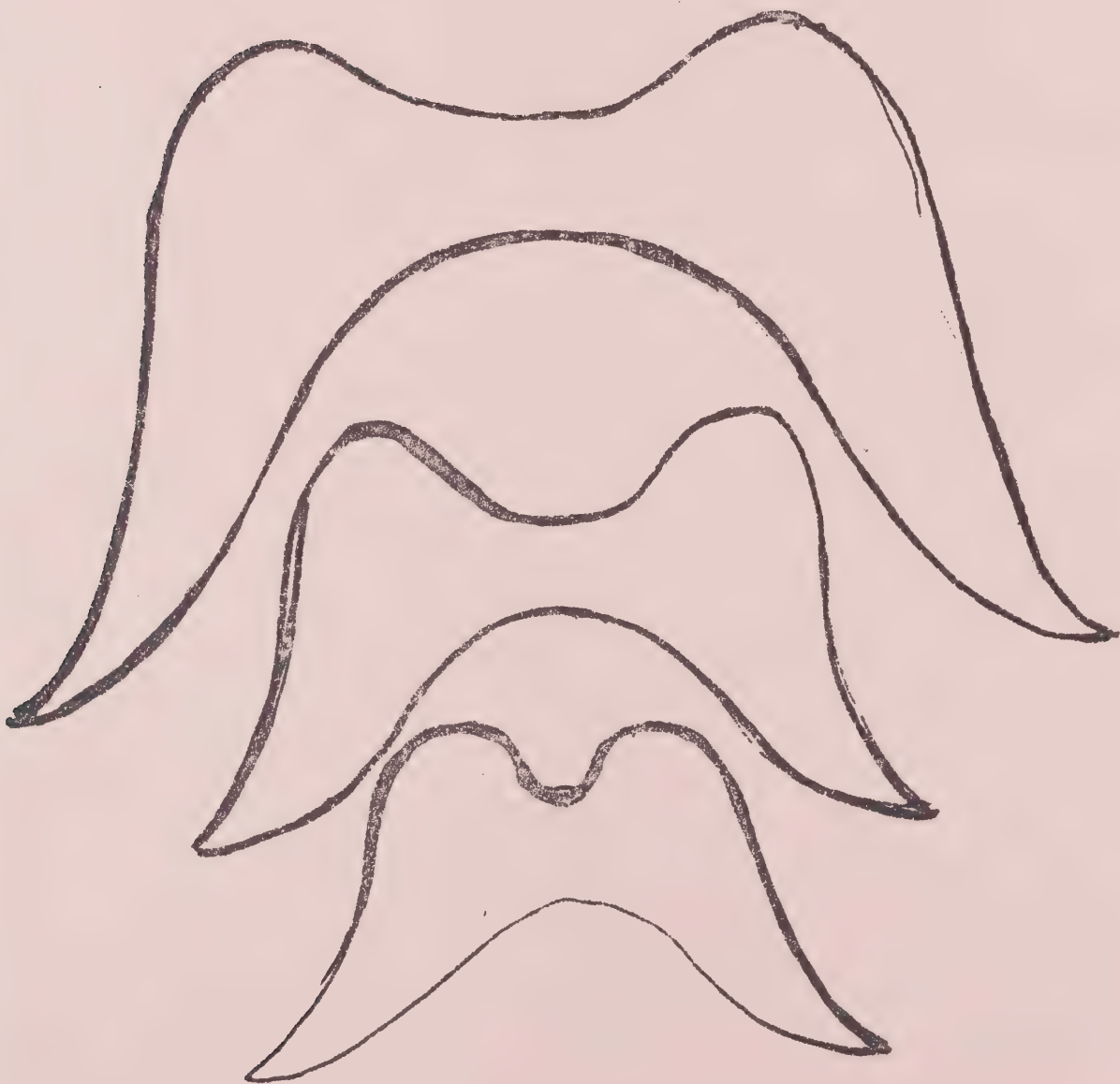
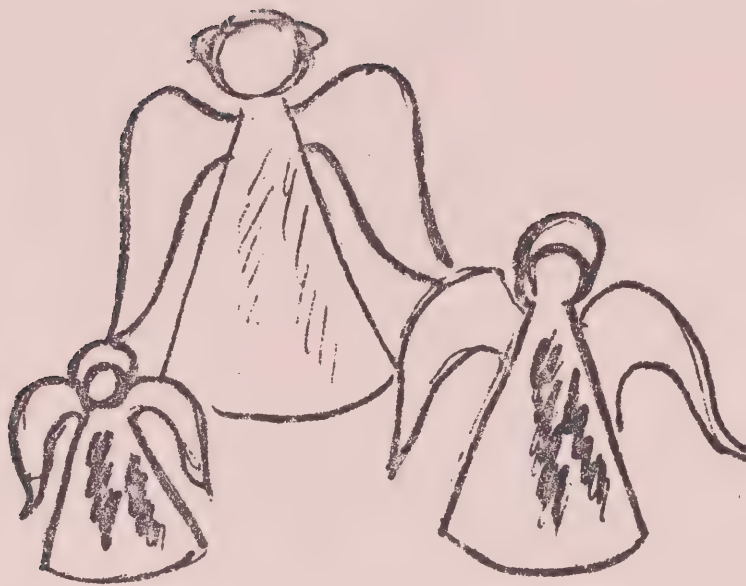
Make a cut from the edge of the circle to the center, overlapping the cut edges to form a cone. Secure with dabs of glue. This way of making a cone (instead of cutting off a third of the circle) gives extra sturdiness to lightweight paper.

Follow the patterns given for the wings. Before you cut, fold the gold paper double, so the wrong sides are on the inside. Cut out the wings and with a toothpick put a few very tiny spots of glue between the two pieces of paper.

Snip off the point of the cone and fasten with glue a silver Christmas ball of about the right size for the head. Attach wings with glue. Make a halo of a piece of gold cord, and glue the halo just above the wings.

If this is the year of the angel, make them of cones and have a MERRY CHRISTMAS!

Submitted by lmc



This is time for resolution making-

Since there have always been and always will be troublemakers at Vanier, here are a few tips for you guys: If you must be a troublemaker, you may as well be a good one.

HOW TO BE A GOOD TROUBLEMAKER

Troublemaking has an undeservedly bad reputation for an activity that can be solidly constructive. Look at it this way - few things worthwhile have ever been accomplished without making trouble for some one, and that someone is usually the keeper of the status quo or the upper hand. The ability to be a good troublemaker is the ability to grow and change, to move out of the innocent garden into the real world of responsibility. (Perhaps Eve, the first good troublemaker, knew that when she ate the apple of knowledge of both good and evil.)

On the personal level, troublemaking is often nothing more than self-assertion, the right of individual and independent choice; and on the social or public level, nothing more than active dissatisfaction with the establishment, with things as they are, as if there were no need for improvement. But on both levels it is nothing less than painful to learn.

Most of us don't make trouble because we don't know how. We aren't brought up to; in fact, we are basted regularly from the crib on with a strong juicy fear of troublemaking. That's why as a whole nation we behave so slowly and cautiously in situations where assertions of feelings or opinion are going to rock the boat and cause a fight. And personally how about you? Are you the one who always stays late when the boss has extra work to be done; or who says it doesn't matter what restaurant you go to, let the others choose; or who always walks the dog; or who always buys the flavor ice cream the kids like instead of the one you like? If you are, do you think you really deserve to be that one? Do you actually believe it is fair to be treated unfairly? Or have you simply been conditioned not to make a fuss, to accept it all? On the other hand, maybe you even feel a little bit superior when you allow others to behave unfairly to you. That's one way of getting back at them, but it's not a very effective way because it is motivated by fear - the fear of troublemaking. The only really effective way to have your way is to deal directly with that fear and learn to make a good pot of trouble. It isn't as difficult as you might think. There are some very specific steps that have been worked out and tested by psychologists to help people do just what they are afraid to do, and here they are.

con't.....

Step 1: Admit the fear. Don't rationalize it away with feeling superior because everyone else is so thoughtless and selfish, or with feeling or believing it's obliging Patsy who's going to get the cake or diamonds in the end. It isn't and you know it. Admit you're simply afraid to make trouble. You have a perfect right to be; you've been brainwashed and so has everyone else, only some learn to overcome it.

Step 2: Find allies. The next time you get into a situation that warrants some good troublemaking, talk it over first with a friend or friends. Talking about the problem helps focus in on exactly what's bothering you and gives you an instant perspective on how good or bad the situation is. A supportive, understanding person can provide the approving push you need. Or if you want to start practicing ahead, go out and join a neighborhood or civic group that is protesting something it may be easier to get started troublemaking on their behalf than on your own. But whatever you do, find some kind of ally. Isolating fear tends to increase anger and resentment inwardly, while it decreases the desire and energy to do anything about it.

Step 3: Ask yourself and/or ally if you are overestimating the consequences of the troublemaking. Visualize the worst of your fears in word pictures. Is everyone in the office going to stop speaking to you because you refused to stay late? Is the boss going to fire you? Are your friends going to abandon you if you insist on a particular movie or restaurant? Is your husband going to divorce you if you tell him you think he might share the dog walks? Are the kids going to refuse to eat your favorite ice cream and starve? You may very well be misjudging or exaggerating the necessity for compliance.

Step 4: Have alternatives, just in case you did not misjudge and the worst does materialize. If everyone in the office does stop speaking to you or if the boss does fire you, you need an alternative to tears and unemployment. The idea is preparation, to think out all the possible moves so you aren't left in a state of shock with no place to go. That means preparation for the happy consequences too. For instance, where the dog walking is concerned, maybe your husband always thought you were too possessive about that dog anyway, maybe he'd like him to be as much his pet as yours, and would welcome walking it. If so, don't be so bowled over by success that you can't respond with encouragement, or he might think you aren't pleased and weren't serious in the first place. Then you'd only be back where you started.

con't.....

Step 5: Trouble that's worth making is worth making well:

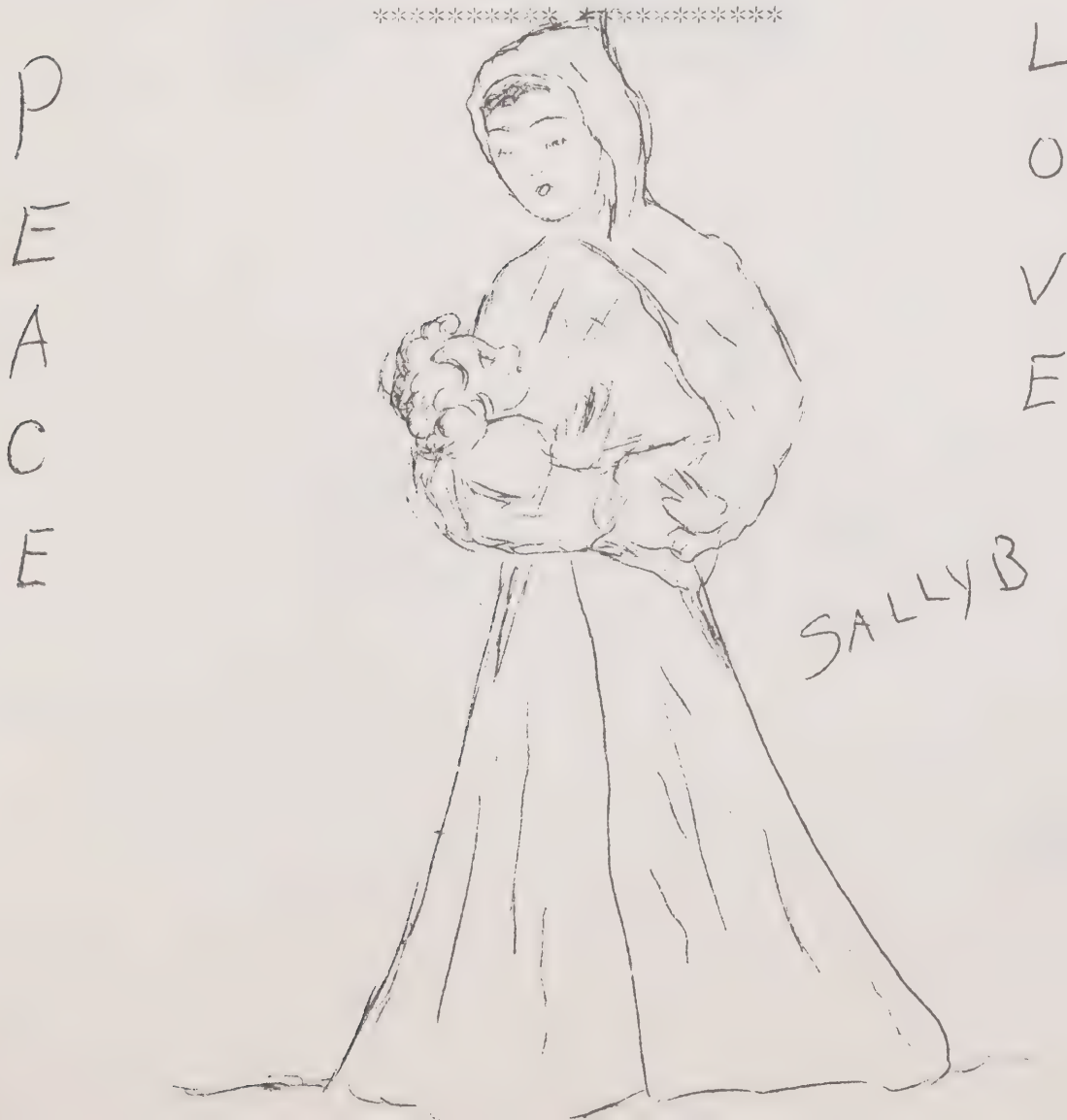
Develop your technique:

- Say precisely what it is you object.
 - Don't shade it
 - Don't get sidetracked by the irrelevant flack, the little personal insults that inevitably fly around when people argue or fight.
- Stay on the main target
 - Don't soften your attack with half-truths or apologies; if you aim at the situation and not the person, your attack will be soft enough.
- Don't withdraw or back down because you're feeling guilty or nervous. Few fights are so decisive you can't come back and compromise later. Besides, if you give your opponent a chance, he may be the one who comes back to do the compromising after a night's sleep- or lack of it- over the problem.

People need a little time to lose face, as well as to get used to the surprise of you making trouble.

Try it! you'll probably find they will like you a lot better!

Submitted by LMC



PEACE



through
POETRY

Wm.

FORGET

Forget his name, Forget his face,
 Forget his kiss, and warm embrace,
 Forget his love that once was true
 Remember now, there's someone new.

Forget ~~the~~ love that you once shared,
 Forget the fact that you once cared,
 Forget the times you spent together
 Remember now, he's gone forever.

Forget you cried the whole night long
 Forget him when they play your song
 Forget how close you two once were
 Remember now, he's chosen her.

Forget you memorized his walk
 Forget the way he used to talk
 Forget the time when he was mad
 Remember he's happy now, not sad.

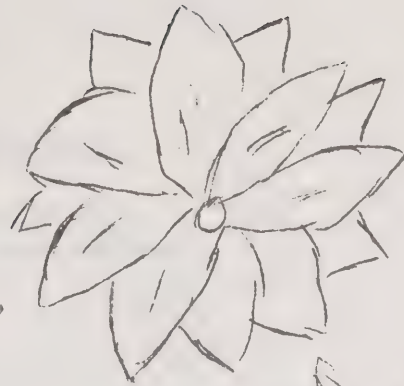
Forget the time he telephoned
 Forget the times you were alone
 Forget he made your dreams come true
 Remember now, there's someone new.

Forget his ~~gentle~~ teasing way
 Forget you saw him everyday
 Forget the things you planned to do
 Remember now, she loves him too.

Forget the thrills when he drove by
 Forget the time he made you cry
 Forget the way he spoke your name
 Remember now, things aren't the same.

Forget the way he held your hand,
 Forget those sweet things if you can.
 Forget the way he loved you too,
 Remember now there's someone new.

Forget the times that went so fast
 Forget them all, they're just the past.
 Forget he said, "I'll leave you never"
 Remember now, He's gone forever.



SALLY B

Submitted by
 Theresa A.

KITTENS PRAYER

Lord of all kittens
Whether stray or fortunate
Give us this this day our daily milk
Forgive us our mischief
And lead us not into alleys
So that we may be delivered
From temptation
For I am your master
In all my cut ness
And don't you forget it

written and submitted by:
Linda B., Invictus

CHRISTMAS

Christmas means laughter
Snowflakes and such
Giving of presents
The joy in a touch

Skies full of diamonds
Ice bright as pearls
Almost as bright
As the wee boys and girls

Christmas means sharing
The warmth of a friend
But not just a caring
That Christmas will end

A tree in your front room
Blessed by a star
A moment of thanking
That nothing can mar

But more than all this
Is love that you feel
A time of true giving
That makes Christmas real

written and submitted by:
Vicki J.

THE LATEST ARRIVALS IN THE LIBRARY

POETRY:

- * THE TURTLE & THE TEACHER
 - a dialogue between poets & students
 - * MOUNTAIN MOVING DAY
 - poems by women of Canada & the U.S.A.
 - * DRIVING INTO THE WRECK
 - by Adrienne Rich
- + + + + +

ODDS & ENDS:

- * TURN IT UP (I Can't hear the words)
 - a book on contemporary song writers/performers including Joni Mitchell, Bob Dylan, Bob Hunter of the "Grateful Dead". A tough look at a fascinating subject.
- * THE ORIGINS OF POPULAR SUPERSTITION & CUSTOMS
 - Do you consider black cats lucky? see page 185
- * LADIES OF THE NIGHT
 - Amazon Expedition
- * SERPICO
 - The story of a man who cared enough and had the courage to defy the system.
- * THE PERFECT PATCHWORK PRIMER
 - Instructions for toys, clothes and other items as well as quilts.
- * NICOLAS BENTLEY'S TALES FROM SHAKESPEARE
 - The complications of Shakespeare's Plots, sorted out with a smile and some very funny drawings.
- * I'LL TELL THEM I REMEMBER YOU
 - By the author of The Exorcist.
- * BEGINNERS' HOROSCOPE
 - Maker and reader

FICTION:

- * THE GIRL WHO PASSES FOR NORMAL
 - A novel of suppressed terror.
- * THE DOGS OF WAR
 - A blend of fact and fiction by Frederick Forsyth the author of "The Day of the Jackal" and "The Odessa File"

THE LATEST ARRIVALS IN THE LIBRARY * Continued

FICTION - Cont'd

* THE ALEPH & OTHER STORIES (1933-1969)

- Jorge Luis Borges, the most important stories of one of the half-dozen giants of contemporary literature.

+++++

The Library sends greetings to everyone.

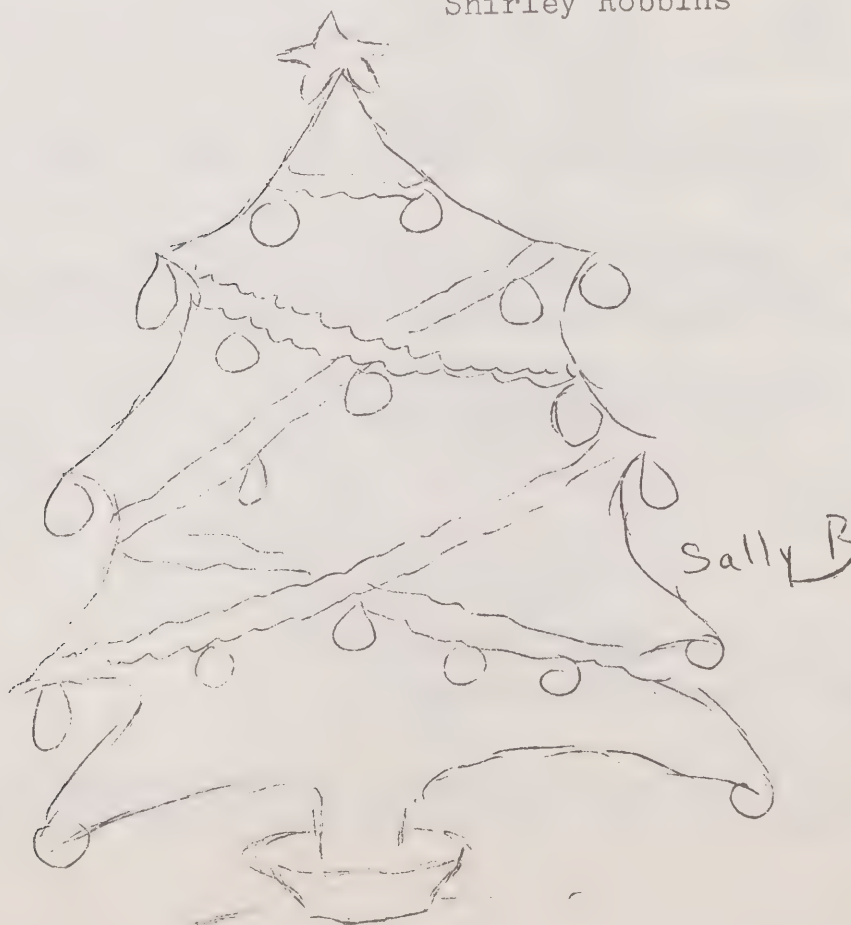
The Library will be open through the holiday season. See the Activities Schedule for times that you can spend browsing, reading, and exchanging books in the library.

We'd like to remind you that we do have Christmas books. They include Christmas music, stories, poetry, art and ideas for making decorations.

M E R R Y C H R I S T M A S !

Sharon Lehnert

Shirley Robbins



REFORMED ALCOHOLICS AND DRUG ABUSERS ARE PEOPLE TOO

There is hope for us, no matter how tough the going gets, as long as we learn to live in the reality of each instant.

The following article was written by Dr. Panjwani, a psychiatrist practising in New Jersey, where he holds many directorial posts in the fields of alcoholism and drug abuse.

TREATING THE TOTAL PERSON

The purpose of this article is to examine and explore the new life of the recovered alcoholic with emphasis on FULFILLMENT.

In my own practice, I point out the necessity for recognition and acceptance of the problem and for the willingness to change, before any consistent and lasting progress can be expected.

In keeping with the philosophy of Human Renewal, I have always advocated that one should treat the total person---with all his needs, problems, aspirations, and frustrations---and not just his symptoms. Self-respect, a feeling of worth, physical well-being, awareness of being needed, and an opportunity to help others are essential to recovery. So, I have always admired and advocated the approach of A.A.

I often say that a controlled diabetic is healthier than a reckless nondiabetic, inasmuch as he has learned to take care of himself and treat his body with respect and proper restraint.

This is even more true in the case of a restored alcoholic, when he realizes how much happier, healthier and more fulfilled his life has become. Feelings of self-destruction and self-pity, the tendency to blame others, suspiciousness, passiveness and aggressiveness are behind him: they are no longer necessary as weapons of self-defense. So, too, are loneliness and depression things of the past

Many doctors overlook or minimize the problem of sexual inadequacy in most alcoholics. This usually adds to over-all frustration and self-condemnation. But sexual inadequacy usually is functional in origin rather than organic; improvement, though gradual, is usually complete.

Tendencies toward unpredictable behavior, violent outbursts, and occasional changes reflected in the brain-wave test (electroencephalogram-EEG) also generally disappear in a restored alcoholic. He becomes congenial, friendly, dependable individual, no longer avoided, despised, or feared by the family, employer, or community.

Problems with employment and in marriage are extremely common in the life-style of an active alcoholic. As he recovers, adjustments are constantly necessary. He learns to handle the stresses of everyday life without reverting to the line of least resistance. His increased social acceptance reduces these stresses and helps to stabilize his mood, without resort to any chemical agent. I have always discouraged the unnecessary or excessive use of tranquilizers in treating a recovered alcoholic. Some of the tranquilizers have a chemical structure which is similar to alcohol, thus creating problems.

The recovered alcoholic's renewed faith in himself, social acceptance, good physical appearance, newfound independence, concern for the less fortunate, family stability, and spiritual faith will improve his potential and increase his determination to continue his new life....

Without resort to any chemical agent. I have always discouraged the unnecessary or excessive use of tranquilizers in treating a recovered alcoholic. Some of the tranquilizers have a chemical structure which is similar to alcohol, thus creating problems.

P.S.

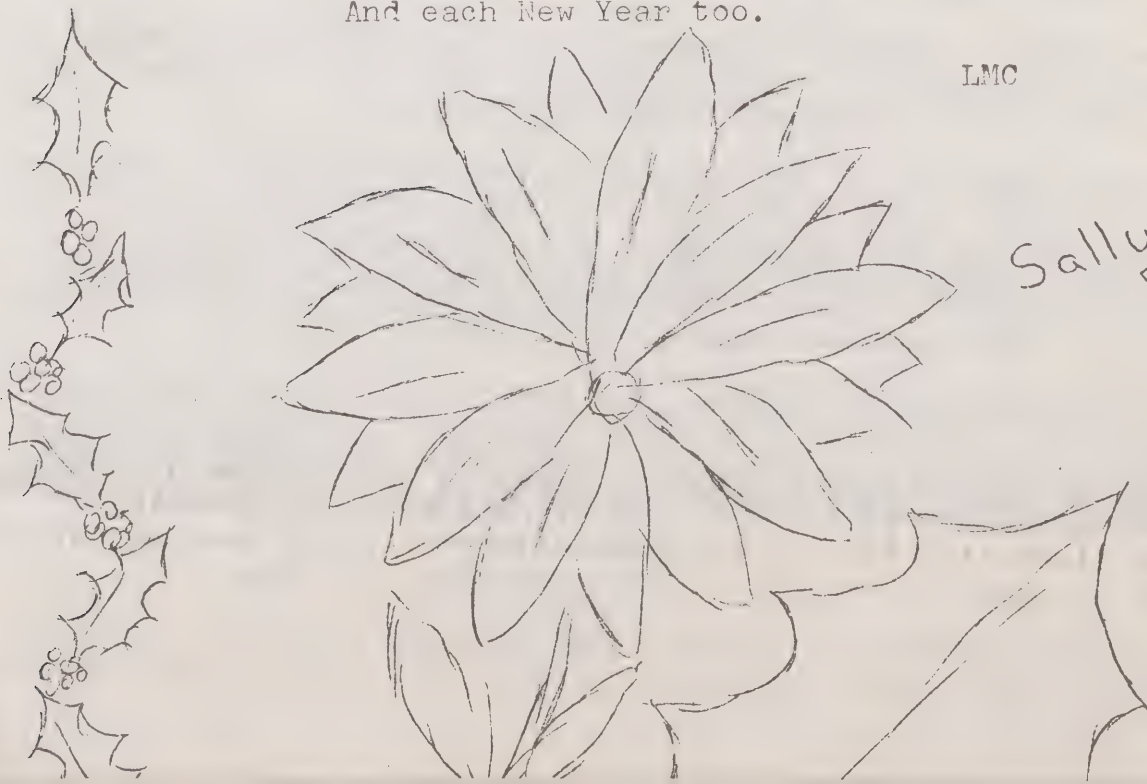
I WOULD LIKE TO DEDICATE THIS ARTICLE TO
MY FAMILY, with whom I shall spend the first
sober CHRISTMAS in 15 years.

I have not much to offer from my pocket...
This year, it comes from my heart.....

To everyone who has helped me make this possible
My best wishes and sincere appreciation.
Life starts anew each morning
And each New Year too.

LMC

Sally B.



COMMITTEE for TREATMENT
of
FEMALE OFFENDERS

Miss Donna Clark, former Superintendant of Vanier, is the Executive Director of this committee.
The other members of this Committee are as follows:

Judge Sandra Oxner	Ms. Phyllis Haslam
Ms. Ethel Allardice	Madame Maryrose Lette
Ms. Margaret Benson	Ms. Marie Marulie

This committee, supposedly concerned with only the Federal Institutions, is working with the Provincial level as well because they see no line between the two groups.

They will be talking in the cottages and would like any information or opinions that the residents have. They "would like a chance to listen and that depends on people being willing to talk."

Residents are invited to talk to the members of this committee and they (committee) would like residents to feel free to write to any of them. The address is:

58 SUMACH STREET,
TORONTO, ONTARIO.

Roseann W.

INTERVIEW WITH HELEN HEYENS, Asst. Director of Santa Maria

There is the traditional midnight mass in all its Holy splendor. All get together for an early Christmas breakfast, which includes ham and eggnogg - for what is Christmas without eggnogg? Christmas Gifts are opened with great expectation and enthusiasm. The turkey is put in the oven in the early hours of the morning by the House Mother. Some girls are able to go home for Christmas, while others make phone calls to their loved ones.

A couple of girls from Kingston Prison stay over for Christmas as their homes are in Vancouver. Friends drop in sporadically all day long. It's all very Festive. Even the two cats receive a Christmas gift. Their respective names are Boris and George. They get cat-nip for their Christmas cheer.

Sunday before Christmas one Volunteer has cocktail hour that includes cocktails and supper. All in all, it seems a wonderful warm effort to make Christmas a memorable occasion.

By Sally B.

THE HAIRSTYLING COMPETITION 1974

The hairstyling Competition turned out to be quite a success. The four Judges: Carl Carlson, John Stalteri, Carmen DeGasperis, and Joseph Covello are salon owners and stylists from the Brampton area. While judging the Competition they were quite impressed with the work turned out by the competing students.

People were invited to attend from different agencies connected with Vanier, and most came and brought their families. It was a pleasant surprise to see the faces of so many little ones around and about.

The eight students were introduced with models: Marcel S. and Valerie Craig; Marni B. and Pat Moy; Marie B. and Paula Weatherall; Claudette M. and Rosemary Pittis; Marilyn S. and Joyce Porter; Louise R. and Fran Williams; Pat G. and Ann Naka; Heather S. and Gay Marks. They then settled down to begin as they were being timed to maximum of forty minutes.

Lorenzo, also a salon owner from Streetsville, attended the show and offered his services to perform a haircut before the audience. Deanna D. volunteered to let him style her hair on stage and sat quietly listening as Lorenzo explained what he was about to do. He completed the haircut then took Deanna to the cosmetology classroom where he blew it dry and touched it up with a curling iron. It was a beautiful cut, short, soft and wispy around her face, complimenting her youthful features.

The Master of Ceremonies, Richard Lester, announced that there was an added guest appearance of a top European hairstylist and her model who both agreed to attend the show. They turned out to be a "smashing hit"!! Everyone was totally captured by this unique European pair that flooded the stage with extraordinary talent--demonstrating the latest fad in style of both hair and apparel--absolutely stunning! Their performance was truly an honour.

When the girls were finished with their models, the judges were invited to come up on stage and examine the finished products. It was an extremely nerve wracking 10 minutes while the judges wandered about making notes and examining -- up -- down -- around and under. When the judges were finished they left the stage and went to calculate their ballots.

After a 20 minute intermission, the judges returned with four sealed envelopes. Mr. Doyle then began the presentations. Marie B. was presented with a Junior Achievement Award and red roses. Then Marni B. received an Honourable Mention. Second Place was awarded to Louise R. who received a Certificate of 2nd Place, a pearl belt and red roses. First place was taken by Claudette M. who was awarded with The Student Hairstyling Competition Trophy, an honour certificate, a hair blower and red roses.

THE HAIRSTYLING COMPETITION 1974 - Cont'd

Door prizes were won by Connie D. who received a pillow, and Pat Mouke who received a "streaking kit".

A special gift was presented to Mrs. Henderson for all the hard work she and her students put in to the dinner for the cosmetology students with their models that evening. It was a fabulous dinner--many special thanks to the girls who prepared it.

Mr. Doyle was next presented with a gift of unusual nature. He was quite disappointed that he had not been asked to be a model. So to compensate, Louise R. presented him with a lovely red wig which should enable him to participate in next year's competition as a model--providing he takes real good care of it!

* * * * *

I would like to extend our sincerest thanks to dear Mrs. Cromie for making the competition possible. It was a great honour to all of us to take part in this event. She is a great teacher as well as a terrific person, as I know she has contributed a great deal to my individual goals in life. Thanks again!

Claudette M.



V. J.

MAKING CHRISTMAS MERRY

One of the slogans in A.A. is "Remember when". It is at Christmas time that most people put a lot of effort into having others enjoy the season so that it will be a good "remember when". The difficulty with many people is that though they "keep Christmas", they are not committed to the person of Christ and even though they celebrate Christmas and a giving spirit then, they are not able to maintain it. We want everybody to be happy at Christmas because we feel it would be terrible to be lonely or sad then so we work hard at our responsibilities and do the extra willingly. But it isn't easy to have a spirit of forgiveness when we are pushed around. And we're not likely to accept the way of being a giving person until we see it as a possibility for change in relationships.

There are a number of movies and books out today that really ask the question "What would I do in a time of disaster?" Arthur Hailey's book "Flight Into Danger", seems to be a summing up of the way a lot of people feel about the world today. On a flight from Winnipeg to Vancouver, the co-pilot and then the pilot take very sick from eating spoiled fish. A passenger who has only flown fighter planes some years before has to take over with the help of the stewardess. But he would be in a hopeless situation if he wasn't instructed at every step by radio from a pilot in Vancouver. There are those who say they are overwhelmed by the troubles of life and haven't anyone to turn to. We all need a pilot who knows what life is all about and we wouldn't be celebrating the birthday of Christ if we didn't have some idea that He could help us.

A new song called "The Cat's in the Cradle" by Harry Chapin tells of a father who is reminiscing about his failure to have time for his son when he is growing up and now the son is just like him. Sometimes we get the idea that life is somehow going to get better automatically in the future when we really know there is always time now to take responsibility and to show kindness.

May we be able to make a commitment to Christ now so that this Christmas will be a good "remember when".

R. L. WHAN



SALLY B

S N O W I C E - C R E A M

Catch a bowl of fresh snow. Sweeten with white sugar and flavour with vanilla. Pink colouring may be added or a tblsp. of Instant Chocolate mixed in.

CHILDREN LOVE IT!

E S K I M O C O Q U I L L E S

Mix 1 lb. flakes of boiled Arctic Char (skinless and boneless) with 1 pint White Wine Sauce. Season with 1 tsp. of each of the following: Salt, Pepper, Lemon Juice and Tabasco Sauce. Mash enough boiled Potatoes with Egg Yolk and melted Butter to fill 2 cups.

Make a ring of these Duchesse Potatoes. Around the rim of six scallop shells, using a pastry bag and then fill with fish flakes. (Cover with 1 tbsp. Hollandaise Sauce and grated Parmesan Cheese). Glaze in a 350° oven until golden brown. Serves 6.

M E X I C A N C H I L I - C H E E S E B U R G E R S

Add 1 cup grated Cheese, 1/4 cup milk and 1/2 tsp. Chili Powder to basic recipe.

P L A T T A R - S W E D I S H P A N C A K E S

3 Eggs
2 cups Milk
1 cup Flour
6 tbsp. Butter, melted
1/2 tsp. Salt

Beat all ingredients until smooth. Grease flat cast iron skillet, drop 1 tbsp. batter for each pancake. Flip after 1 minute. Serve hot with fruit preserves.

N O R T H A N D E A S T G E R M A N Y C O D W I T H O N I O N A N D C H I V E S

1/2 Cod Fillet
1 tblsp. (1 1/4) Oil
1 small Onion, sliced
1 tbsp. (1 1/4) finely chopped chives
Salt
Juice 1/2 lemon
1/4 cup (1/3) White Wine

Heat the oil and fry the onion and chives gently without browning. Salt lightly, sprinkle the fish with lemon juice. Place the fish on top of the onion, add the wine, cover and simmer over low heat for 15 min. Serve with boiled potatoes.
(Drink: Beer)

M.S.

CREPES SUZETTE

- 1 1/4 tasses de farine
- 2 oeufs
- 1 tasse de lait
- 1 C.table d'huile (ou Beurre écremé)
- 2 C.table de sucre -
- 1 orange - garder la pelure et
- 1 C.the vannill la gratiner
- 1 C.table de cognac ou de grand manier
- 1 pincée de sel

Mélanger la farine & le lait graduellement ajouter les oeufs, puis l'huile, le sucre, la vanille biasser jusqu'à ce que le mélange soit lisse.

Chauffer votre poêle à 385°, ajouter 1 C.t.de beurre, puis, assez de mélange. Pour avoir une crepe mince de 1/8" la grandeur d'une assiette a pain, lorsque la crepe est tournée, avant/ (faire 12 crêpes)

De la rouler, ajouter une pincée de zeste d'orange.

Ajouter 1 C.table de Cognac on grand manier puis flamber les 12 crêpes server avec Crème Fouettée, sirop d'érable ou creme sure.

TORONTO 1898

NELLIE'S PUDDING

Mix together 3 oz. Flour, 1/2 lb. Mollasses, 1/2 lb. Suet, juice and graited rind of 1 Lemon, 3 tbsps. Milk, 2 Eggs. Butter a mould and steam 3 hours.

CANADIAN RECIPES

(Barrie, Ontario 1900)

OYSTER MACARONI

Boil Macaroni in a cloth to keep it straight. Put a layer in a casserole season with Butter, Salt and Pepper, then add a layer of Oysters. Alternate until the dish is full. Mix Bread Crumbs with a Beaten Egg, Spread over the top and bake.

YUKON - PIG JEREE - 1909

Chop 1/2 lb. Sliced Bacon small and fry it in its own grease until soft, then stir in 2 cups boiled Rice. Season with salt, pepper and curry powder. Cook until the rice begins to brown, stirring occasionally to prevent it sticking.

BRITISH SAVOURY BURGERS - 1974

Add 1/4 tsp. Savory to basic recipe.

O R I E N T A L B U R G E R S

Add 1/4 tsp. Ginger, 1 tsp. grated Lemon Peel and 1 tsp. soy sauce to Basic Recipe.

H S I N G - J E N - P I N G
C H I N E S E A L M O N D C O O K I E S

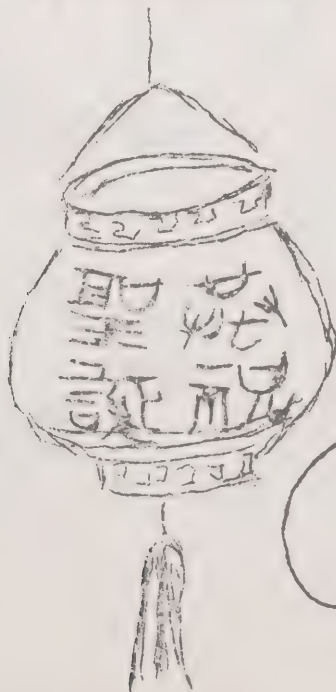
1/2 lb. Lard	2 1/2	tsps. Baking Soda
3/4 cup Sugar	1/4	tsp. salt
2 Eggs	1/2	cup blanched Almonds,
1 tbsp. Almond Extract		split in half
4 drops Yellow Food Colouring	1	egg lightly beaten

Prepare Ahead:

In a large mixing bowl, cream the lard and sugar by beating them together with a large spoon until light and fluffy. Beat in the eggs, one at a time, then add the almond extract and yellow coloring. Sift the combined flour, baking soda and salt into the mixture. With your fingers, mix the ingredients together until a fairly firm dough is formed. Divide the dough in half and shape it into two fat cylinders, then roll them on a lightly floured surface with the palms of your hands into two cylinders, each about 12 inches long and 1 1/2 inches in diameter. Wrap them in wax paper and refrigerate for at least 3 hours.

To Cook:

Preheat the oven to 375°. With a cleaver or sharp knife, cut the chilled dough crosswise into slices 1/4 inch thick. Lay a dozen or so of the circles side by side and 1 inch apart on an ungreased cookie sheet, and press an almond half gently but firmly in the center of each. Brush the cookies with a thin film of beaten egg and bake in the center of the oven for about 10 minutes, or until they are golden brown. With a spatula, transfer the cookies to cool.



Greetings

INTERVIEW WITH OUR NEW DEPUTY SUPERINTENDANT

At this time I would like to introduce our new Deputy Superintendant Barbara Stanley, who works in the Administration Building.

On interviewing Barbara Stanley, I had a chance to meet a very warm person. Due to lack of experience on my part I may not have gotten all that she said but I did find out a little about her.

For two years she worked in Montreal as the Director of a Youth Residence for teenagers. She lived in Ontario before that and was working at the Grandview Training School but decided to come back here and work as she likes working with people.

When asked what she liked about Vanier she said she had not really had a chance to see the system, but did say that she likes working with the girls. Also she likes the way that relationships develop, and the relaxed system here.

When asked what she disliked at Vanier, she had no comment, as she has only been here since mid October.

She has no definite long term goals as yet, she would like to settle in first. She is learning a lot here and hopes she can learn from others as they learn from her.

Sooooo.....welcome to Vanier, we're glad to have you with us.

Mary Ann D.

While Shepherds Watched

While shepherds watched their flocks
By night
All seated on the ground,
The angel of the Lord came down,
And glory shone around.

"Fear not," said he (for mighty dread
Had seized their troubled minds);
"Glad tidings of great joy I bring
To you and all mankind.

"To you in David's town this day
Is born of David's line
A Saviour, who is Christ the Lord;
And this shall be the sign:

"The heavenly Babe you there shall
Find
To human view displayed,
All meanly wrapped in swathing bands,
And in a manger laid."

Thus spake the seraph: and forthwith
Appeared a shining throng
Of angels praising God who thus
Addressed their joyful song.

"All glory be to God on high,
And to the earth be peace:
Goodwill henceforth from heaven to
men
Begin and never cease."



"AND LO, THE ANGEL
OF THE LORD CAME UPON
THEM, AND THE GLORY
OF THE LORD SHONE
ROUND ABOUT THEM:
AND THEY WERE
SORE AFRAID"

JEANNIE



WE THREE KINGS

We three kings of Orient are,
Bearing gifts we traverse afar,
Field and fountain, moor and mountain,
Following yonder star.

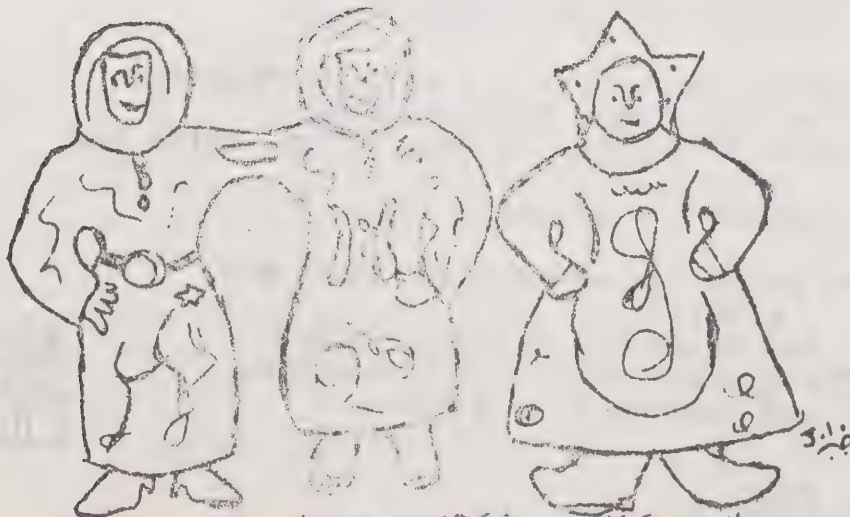
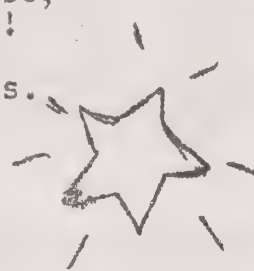
O star of wonder, star of night,
Sat with royal beauty bright;
Westward leading, still proceeding,
Guide us to thy perfect light.

Born a King on Bethlehem's plain,
Gold I bring to crown Him again,
King for ever, ceasing never,
Over us all to reign.

Frankincense to offer have I,
Incense owns a Deity night,
Prayer and praising, all men raising,
Worship Him, God most high.

Myrrh is mine, its bitter perfume
Breathes a life of gathering gloom;
Sorrowing, sighing, bleeding, dying,
Sealed in the stone-cold tomb.

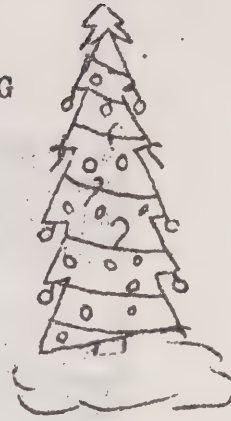
Glorious now behold him arise,
King and God, and sacrifice!
Alleluia! Alleluia!
Earth to the heavens replies.



THE THREE KINGS...

HARK! THE HERALD ANGELS SING

Hark! the herald angels sing,
"Glory to the new-born King;
Peace on earth, and mercy mild,
God and sinners reconciled!"
Joyful, all ye nations, rise,
Join the triumph of the skies,
With the angelic host proclaim,
"Christ is born in Bethlehem."



Hark! the herald angels sing.
"Glory to the new-born King."

Christ, by highest heaven adored,
Christ, the everlasting Lord,
Late in time behold Him come,
Offspring of a virgin's womb.
Veiled in flesh the Godhead see!
Hail, the incarnate Deity!
Pleased as Man with man to dwell,
Jesus, our Emmanuel!

Hail, the heaven-born Prince of Peace!
Hail, the Son of Righteousness!
Light and life to all He brings,
Risen with healing in His wings.
Mild He lays His glory by,
Born that man no more may die,
Born to raise the sons of earth,
Born to give them second birth.

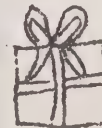
JOY TO THE WORLD

Joy to the world! the Lord is come:
Let earth receive her King;
Let every heart prepare Him room,
And heaven and nature sing.

Joy to the earth! the Saviour reigns;
Let men their songs employ;
While fields and floods, rocks, hills and
plains,
Repeat the sounding joy.

He rules the earth with truth and
grace,

And makes the nations prove
The glories of His righteousness,
And wonders of His love.



SANTA CLAUS IS COMIN' TO TOWN

You better watch out, you better not cry,
Better not pout, I'm telling you why:
Santa Claus is comin' to town.
He's making a list and chesking it twice,
Gonna find out who's naughty and nice,
Santa Claus is comin' to town.
He sees you when you're sleepin',
He knows when you're awake,
He knows when you've been bad or good,
So be good for goodness sake,
Oh! You better watch out,
You better not cry,
Better not pout, I'm telling you why:
Santa Claus is comin' to town.

FROSTY THE SNOWMAN

Frosty the snowman was a jolly happy soul,
With a corn cob pipe and a button nose
And two eyes made out of coal.
Frosty the snowman is a fairy tale, they say,
He was made of snow but the children know
How he came to life one day.
There must have been some magic
In that old silk hat they found,
For when they placed it on his head,
He began to dance around.
Oh, Frosty the snowman was alive as he could be
And the children say he could laugh and play
Just the same as you and me.

JINGLE BELLS

Dashing through the snow
In a one-horse open sleigh,
O'er the fields we go,
Laughing all the way;
Bells on bob-tail ring,
Making spirits bright;
What fun it is to ride and sing.
A sleighing-song tonight!
Jingle bells, Jingle bells!
Jingle all the way!
Oh, what fun it is to ride
In a one-horse open sleigh!

GOOD KING WENCESLAS

Good King Wenceslas looked out,
On the Feast of Stephen,
When the snow lay round about,
Deep, and crisp, and even:
Brightly shone the moon that night,
Though the frost was cruel,
When a poor man came in sight,
Gathering winter fuel.

Hither, page, and stand by me,
If thou know'st it, telling,
Yonder peasant, who is he?
Where and what his dwelling?
"Sire, he lives a good league hence,
Underneath the mountain,
Right against the forest-fence,
By Saint Agnes' Fountain."

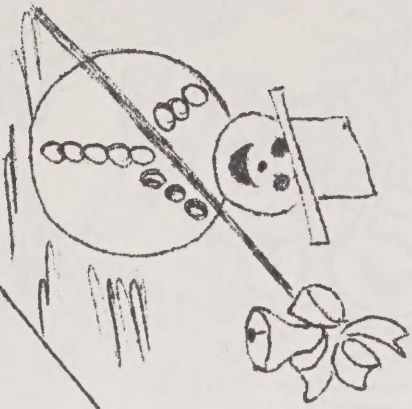
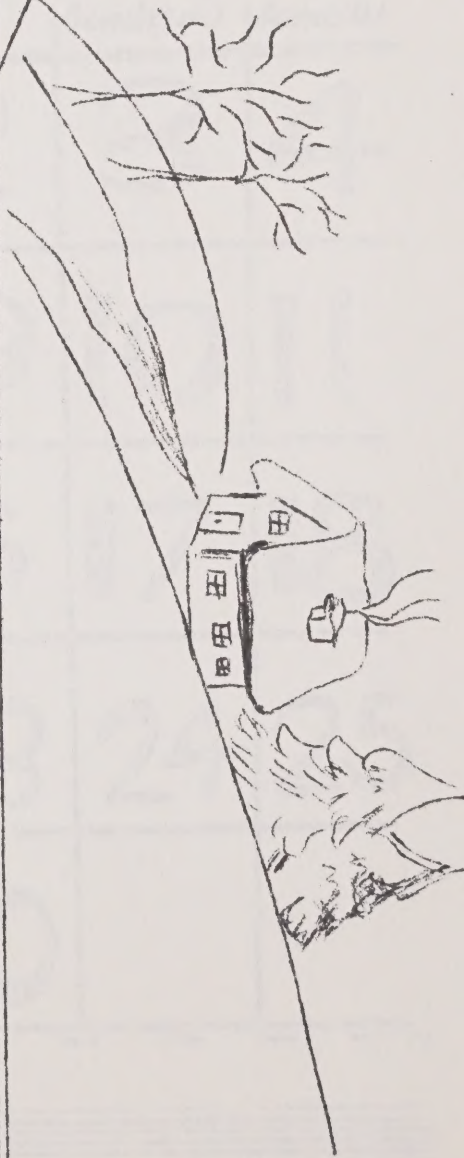
"Bring me flesh, and bring me wine,
Bring me pine-logs hither:
Thou and I will see him dine,
When we bear them thither."
Page and monarch, forth they went,
Forth they went together;
Through the rude wind's wild lament
And the bitter weather.

"Sire, the night is darker now,
And the wind blows stronger;
Fails my heart, I know not how;
I can go no longer."
"Mark my footsteps, my good page
Tread thou in them boldly:
Thou shalt find the winter's rage
Freeze thy blood less coldly."

In his master's steps he trod,
Where the snow lay dinted;
Heat was in the very sod
Which the Saint had printed.
Therefore, Christian men, be sure,
Wealth or rank possessing,
Ye who now will bless the poor,
Shall yourselves find blessing.

DECEMBER

74



A
SOMEONE
WISHING
CHRISTMAS

HAPPINESS

VERY

VERY

(and mean!))

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Happy	New	Year	1965

me

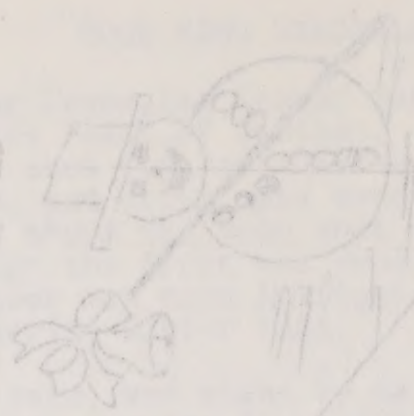
DECEMBER

4

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12/29	5	20	30	5	5
12/30	5	20	31	5	5

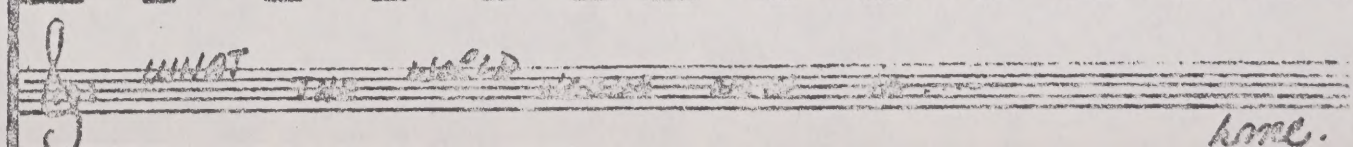


DECEMBER 12
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Handwritten text on the right margin, possibly a page number or date, appearing as "143748/10".